

Alpha Stitch Binding Tutorial

Supplies

1. Paper for pages - enough for 2 chunky signatures
2. Kraft-tex or heavy paper for covers
3. Ruler
4. Pencil
5. Awl
6. Needle
7. Waxed linen thread
8. Cutting mat
9. Craft knife or scissors
10. Bone folder
11. ¼" grid paper
12. Punching cradle (optional)

Directions

Prepare Your Pages

- Create 2 thick signatures in a size and paper of your choice.
- Ensure the grain is running parallel to the spine.
- Stack your paper neatly and fold them in half to create your book's signatures.
- Use a bone folder to create crisp folds.
- Press for several hours or overnight.

Prepare Your Covers

- Cut your heavy paper or Kraftex to ¼" taller than your signatures and to three times the width of your signatures.
- Ensure the grain is running parallel to the spine.
- Mark ¾" from the left edge using a pencil.
- Align a ruler to these marks and bring the right cover edge over to meet the ruler and press firmly with a bone folder.
- Mark ¾" from the right edge using a pencil.

- Align a ruler to these marks and bring the left cover edge over to meet the ruler and press firmly with a bone folder.
- This creates your spine.

Create Template

- Cut a piece of ¼" grid paper to the same height as your signatures.
- Mark 2 rows of sewing holes spaced every ½".
- You can have an even or odd number of sewing holes.

Create Stitching Holes

- Mark the head of each signature and the template.
- Use an awl to pierce through each marked hole using a cradle or open book.
- Make sure the holes are clean and go all the way through the signatures.

Begin Stitching

- Cut a piece of waxed linen thread that is three times longer than the height of your book. Thread your needle.
- Begin with signature 1 and enter sewing hole 1 from inside the signature to outside cover and leave a 2" tail.
- Enter sewing hole 1 of signature 2 from outside cover to inside signature.
- Exit sewing hole 2 from inside signature 2 to outside cover.
- Thread needle through previous stitch by entering it from above to form an X.
- This is your anchor stitch and is different from subsequent stitches.
- Re-enter signature 1 at hole 2.
- Tie off loose thread inside signature and snip end to ¼".

Continue Stitching

- Exit sewing hole 3 from inside signature 1 to outside cover.
- Bring a needle through the stitch above from right to left to form an alpha shape.
- Enter sewing hole 3 of signature 2.
- Exit hole 4 of signature 2.
- Bring a needle through the stitch above from left to right to form an alpha shape.
- Enter hole 4 of signature 1.
- Repeat this stitch pattern until you reach the final sewing holes.
- Tie off inside with a half hitch knot.

Finishing Touches

- Press the spines of the signatures.
- Trim the two fore edges so there is a $\frac{1}{8}$ - $\frac{1}{4}$ " square.
- Add a closure if desired.